

Women, Infant and Children (WIC)
Breastfeeding Peer Counseling
Training Program

WIC BFPC Training Guide



University of Alaska Anchorage
Culinary Arts & Hospitality/Dietetics & Nutrition
WIC CPA Training Program
3211 Providence Drive, UC 130
Anchorage, AK 99508-4614
Phone: (907) 786-1401



June 2014

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Alaska WIC Breastfeeding Peer Counseling Program Policies

Goals and Objectives

Goals:

- To train Breastfeeding Peer Counselors (BFPC) to provide quality service to WIC clients.
- To ensure that the BFPC will adhere to and support the vision and mission of the Alaska WIC Program and the local WIC Program's Agency.
- To provide cognitive knowledge and practical experience essential to competent role function as a BFPC.

Objectives:

Within **6 months of the initiation** of the learning agreement, the trainee will:

- ✓ Be able to understand and state the WIC vision and mission and statement of purpose.
- ✓ Will demonstrate competency in all curriculum and practicum fields, as certified by their preceptor.
- ✓ Will demonstrate communication skills and cultural sensitivity.

The Definition of Breastfeeding Peer Counselors (BFPC)

Peer counselors are women in the community with personal breastfeeding experience who provide information and support to other mothers.

Basic Peer Counselor Duties

- Contact WIC pregnant and breastfeeding mothers
- Give basic breastfeeding information
- Support breastfeeding moms and families
- Learn the resources available to you and WIC families
- Refer mothers to WIC designated breastfeeding specialists as needed
- Be available outside usual working hours
- Keep accurate records
- Learn all you can
- Maintain strict confidentiality about all mothers

Alaska WIC CPA Program Procedures

1. The Local Agency WIC Coordinator or WIC Nutritionist obtains the Alaska BFPC Learning Agreement from the State of Alaska WIC website or the University of Alaska Anchorage (UAA).
2. The BFPC Applicant and the Preceptor submit the Learning Agreement to the UAA.
3. UAA approves the application.
4. UAA e-mails a training welcome letter and instructions on how to access the online training website. The training courses are as follows:

Alaska WIC Breastfeeding Peer Counseling

1. Becoming a Peer Counselor
 2. Helping Moms Say Yes to Breastfeeding
 3. Helping Moms Overcome Common Barriers
 4. How to Talk with Moms About Breastfeeding
 5. Ways to Counsel Effectively With New Moms
 6. Promoting and Encouraging Exclusively Breastfeeding
 7. Supporting New Breastfeeding Moms
 8. Helping Moms When Things Don't Go as Planned
 9. Talking with Pregnant Moms About Breastfeeding
 10. Talking with Moms About Breastfeeding in the First Month
 11. Talking with Pregnant Moms About Breastfeeding as Baby Grows
 12. Talking with Moms About Breastfeeding: When Mother and Baby are Separated
 13. Providing Peer Counseling Services in Other Settings
5. The WIC BFPC Trainee completes the modules, under the Preceptor's guidance.
 6. The WIC BFPC Trainee completes the Module activities and Module Skills Checklist in each module.
 7. The Module activities will be monitored in the online training system
 8. The WIC BFPC Trainee and the Preceptor submit the Module Skills Checklists in the online training system upon the completion of each module. The Module Skills Checklists become part of the WIC BFPC Trainee record.
 9. The WIC BFPC Trainee receives his/her Alaska WIC Breastfeeding Peer Counseling Certificate upon the successful completion of all training requirements.

Application/Learning Agreement

The following page contains the application/learning agreement used by UAA to communicate the learning expectation of the trainee while completing the WIC BFPC Training Program. This application/learning agreement can be used as a guide for completing all of the necessary training. The original application/learning agreement will be placed in the trainees file and a copy should be maintained at the WIC local agency.

A progress record will also be kept in the trainee file and as each step of training is completed the UAA WIC Training Staff will mark off the work that has been completed.

Both of these forms are intended to help ensure training goals are being met and officially recorded.

Alaska WIC Breastfeeding Peer Counseling: A Journey Together Training

Progress Record

Trainee Name: _____

Training Preceptor: _____

Training Start Date: _____

Section 1: The WIC Peer Counseling Program

Becoming a WIC Peer Counselor

Yes Yes Date: _____

Helping Moms Say YES to Breastfeeding

Yes Yes Date: _____

Section 2: Counseling and Communication Skills

Helping Moms Overcome Common Barriers

Yes Yes Date: _____

How to Talk with Moms about Breastfeeding

Yes Yes Date: _____

Ways to Reach New Moms

Yes Yes Date: _____

Section 3: Getting Started with Breastfeeding

Encouraging Exclusive Breastfeeding

Yes Yes Date: _____

Supporting New Breastfeeding Moms

Yes Yes Date: _____

Helping Moms When Things Don't Go as Planned

Yes Yes Date: _____

Section 4: Talking With Mothers about Breastfeeding

Talking with Pregnant Women About Breastfeeding

Yes Yes Date: _____

Talking with Mothers About Breastfeeding in the 1st Month

Yes Yes Date: _____

Baby Behavior Self-Check

Yes

Talking With Mothers About Breastfeeding as Baby Grows

Yes Yes Date: _____

Talking About Breastfeeding when Mother and Baby are Separated

Yes Yes Date: _____

Providing Peer Counseling Services in Other Setting

Yes Yes Date: _____

Training Completion Date: _____

If your agency receives funding to have a Breastfeeding Peer Counseling Program, your clinic should have at least one training kit for your WIC BFPC trainees. Larger agencies with multiple locations have multiple kits. If your agency has more than one kit, please note that there is only one copy of the Baby Led Breastfeeding DVD and Laid Back Breastfeeding DVD for each clinic and they can be found in kit #1. These kits include everything your trainee needs to complete the WIC BFPC Training. Within the kit you will also find a content list, a sample contract to have your trainee fill out when they borrow the kit or an item in the kit, a log to keep track of who has the kit and a content checklist to check the kit back in. The items in the kit have been marked that they are part of the kit and should be easy to identify.

These kits are intended to be used by multiple trainees. Using training supplies for more than one trainee helps save money on supplies and postage. Extra supply money is limited so it will be the local agencies responsibility to replace any unreturned items or lost kits. There is a limited budget for replacement items if there is an unforeseen circumstance on an individual basis.

Suggested Procedures for Using the Training Kits:

1. Have a trainee or employee complete the Alaska WIC BFPC Training Kit Contract and review with them that they are borrowing the training kit or supplies and they are expected to return them regardless of the circumstance.
2. Complete the Alaska WIC BFPC Training Kit Log located in the sleeve on the inside of the training kit. Remove the log while it is checked out and keep it in a safe place so that you will remember who has the training kit.
3. Review the content list with the trainee/employee to assure that everything is in the kit at the time it is checked out.
4. Check in with the trainee/employee regularly reminding them to return the kit when they no longer need it.
5. When the training kit is returned, use the Alaska WIC BFPC Training Kit Content Checklist and make sure each item in the kit has been returned, complete the log to show it has been returned and place the log back in the sleeve on the inside of the training kit.

If your agency does not receive funding for a Breastfeeding Peer Counseling Program and does not have a training kit but you would like to train a breastfeeding peer counselor, please contact the WIC Training Program and arrangements can be made for your clinic to borrow a training kit.

BFPC Training Kit Content List

- Spangler, A. (2010). *Breastfeeding: A parent's guide* (9th ed.).
- Wiessinger, D., West, D., & Pitman, T. (2010). *The womanly art of breastfeeding* (8th ed.). New York, NY: Ballantine Books.
- Handout: Diapers of the Breastfeed Baby
- Videos:
 - Smillie, C.M. (2010). *Baby-led breastfeeding: The mother-baby dance*. Los Angeles, CA: Geddes Productions.
 - Colson, S., Frantz, K., & Mohrbacher, N. (2011). *Biological nurturing: Laid-back breastfeeding for mothers*. Los Angeles, CA: Geddes Productions.

Contract to Check-Out WIC BFPC Training Program Kit

I, _____, am checking out a WIC BFPC Training Program Kit or an item from the kit and I agree to take proper care of the item(s) while they are in my care and I agree to return them when I have finished using them or if I no longer continue training for any reason. If something happens to the training kit or item I am borrowing, I will report it immediately to my preceptor and/or clinic coordinator.

I am checking out:

Kit # _____

Item (list individual item(s) if you are only checking out an item from the kit:

_____ from Kit # _____

_____ from Kit # _____

_____ from Kit # _____

(Only Kit #1 in each clinic contains the required DVD's: *Laid-Back Breastfeeding for Mothers and Baby-Led Breastfeeding*). You may need to borrow these DVD's separate from your kit when you need them for your training.)

Trainee Signature: _____ Date: _____

Preceptor or Clinic Coordinator Signature: _____

Notes: _____

